

SAN FRANCISCO SURGICAL Medical Group

COLORECTAL AND GENERAL SURGERY

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SUPREP Bowel Preparation - (ONE Day Prep)

Please pick up prescription one (1) week prior to your procedure

IMPORTANT: ON _____ ALL DAY UPON RISING
You **MUST** be on a **clear liquid diet starting** the calendar day before your colonoscopy **until midnight.**

**** Bowel preparation begins the day before your procedure, as soon as you wake up and consists of a CLEAR LIQUID DIET, for the entire day.****

EXAMPLE OF
CLEAR LIQUID DIET:

Clear broth or consommé
Black coffee or tea (sugar is ok, but no milk)
Juices without pulp (apple, white cranberry, and grape, seven up, ginger ale,
Gatorade, Plain Jell-O (any color is ok, BUT NOT RED OR PURPLE)

NOTE: You may not have anything that is RED OR PURPLE colored since the color may stain your colon.

YOU MAY NOT HAVE: Dairy products
Solid foods
Alcoholic beverages

Step 1:

AT 12:00 PM

- Pour one (1) of the 6 ounce bottle of SUPREP into the mixing container.

Step 2:

- Fill water up to the 16 ounce red line of the container.
- Mix the solution with a spoon.

Step 3:

- Be sure to drink ALL of the solution in the container.

Step 4:

- Drink an additional two (2) more 16 ounce containers of water over the next hour.

Step 5:

AT 8:00 PM

- repeat steps 1-4 above with the remaining 6 ounce bottle of SUPREP.



STEP 1
Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.



STEP 2
Add cool drinking water to the 16-ounce line on the container and mix.



STEP 3
Drink ALL the liquid in the container.



STEP 4
IMPORTANT
You must drink two (2) more 16-ounce containers of water over the next 1 hour.

DO NOT drink any liquids after midnight, the night prior to your procedure. (No water)